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SUMMER IS ALMOST HERE!

Health & Safety tips to keep summertime a fun time!

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Martin County, FL – As the end of the school year approaches and residents prepare for the holiday weekend, the Florida Department of Health in Martin County is offering these tips for staying healthy this summer.

Stay hydrated, use sunscreen, practice water safety

Take care to protect yourself from the summer sun. Stay hydrated by drinking water at least every 30 minutes while outdoors. Wear a hat and sunscreen to protect your skin from the sun's damaging rays. Practice water safety and never leave a child unsupervised near a pool or body of water.

Summer cooking: practice food safety

Frequent hand washing is the best way to prevent the spread of disease. Ensure cutting boards for ready to eat foods (vegetables, fruit, etc.) are not shared with raw meat products and are cleaned between use. Cook foods to temperature. Promptly refrigerate leftovers to prevent the growth of bacteria.

Stay Active: Remember 5-2-1-0 – Let's Go!

Stay fit with this simple formula: Each day, eat **5** or more servings of fruits and vegetables, enjoy **2** hours or less of recreational screen time, take part in **1** hour or more of physical activity and consume **0** sugary drinks – have more water. Free summer programs are listed at:

www.MartinCountyHealth.com

Fight the Bite: Drain & Cover!

Summer season is also mosquito season. Some mosquitoes carry harmful diseases. Martin County Mosquito Control and the Health Department urge residents to do their part to stop mosquitoes from breeding around homes and business. Log on to www.MartinCountyHealth.com and learn to "Drain and Cover." Mosquito Control is available by calling 772-419-6974.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.